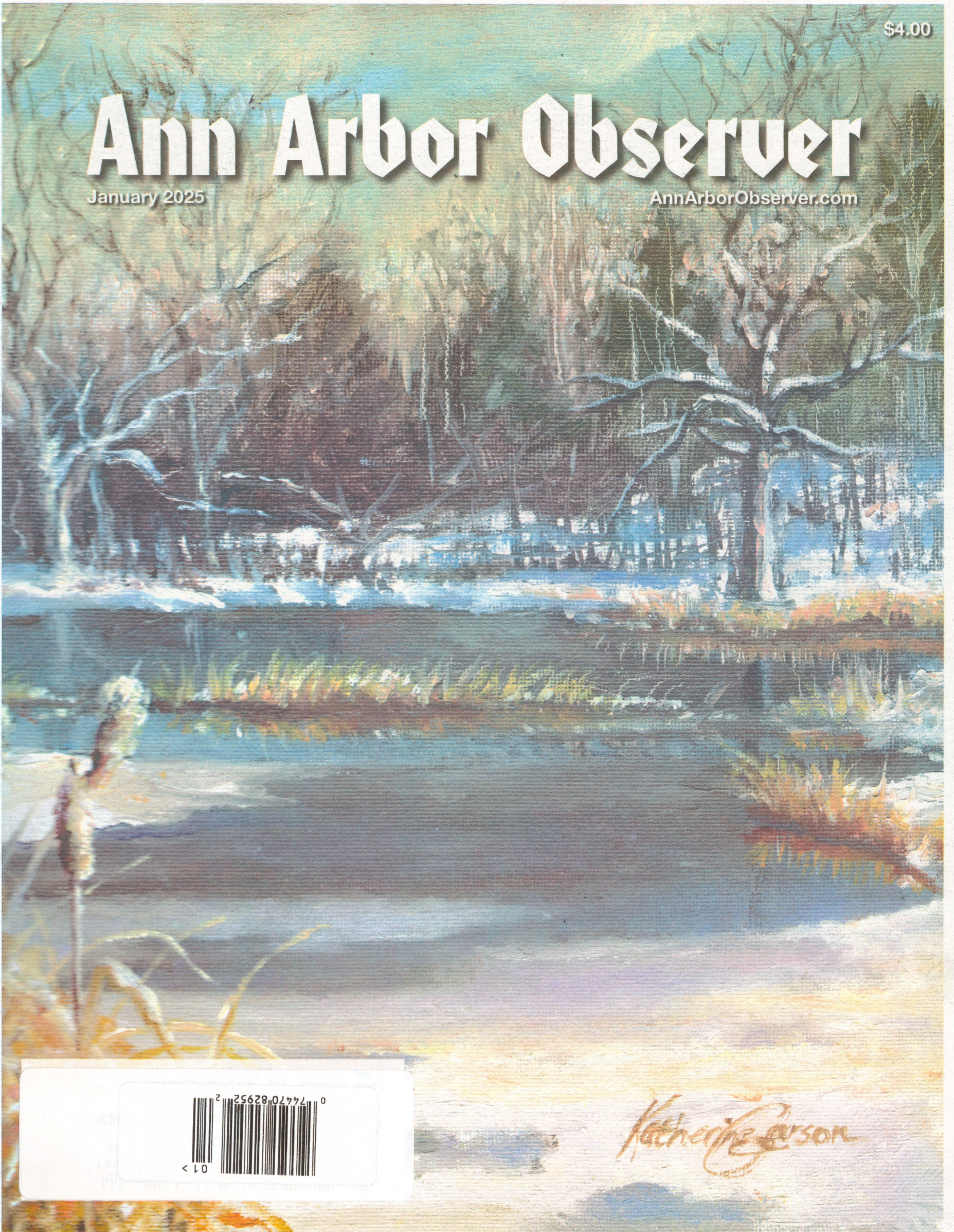


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January 2025

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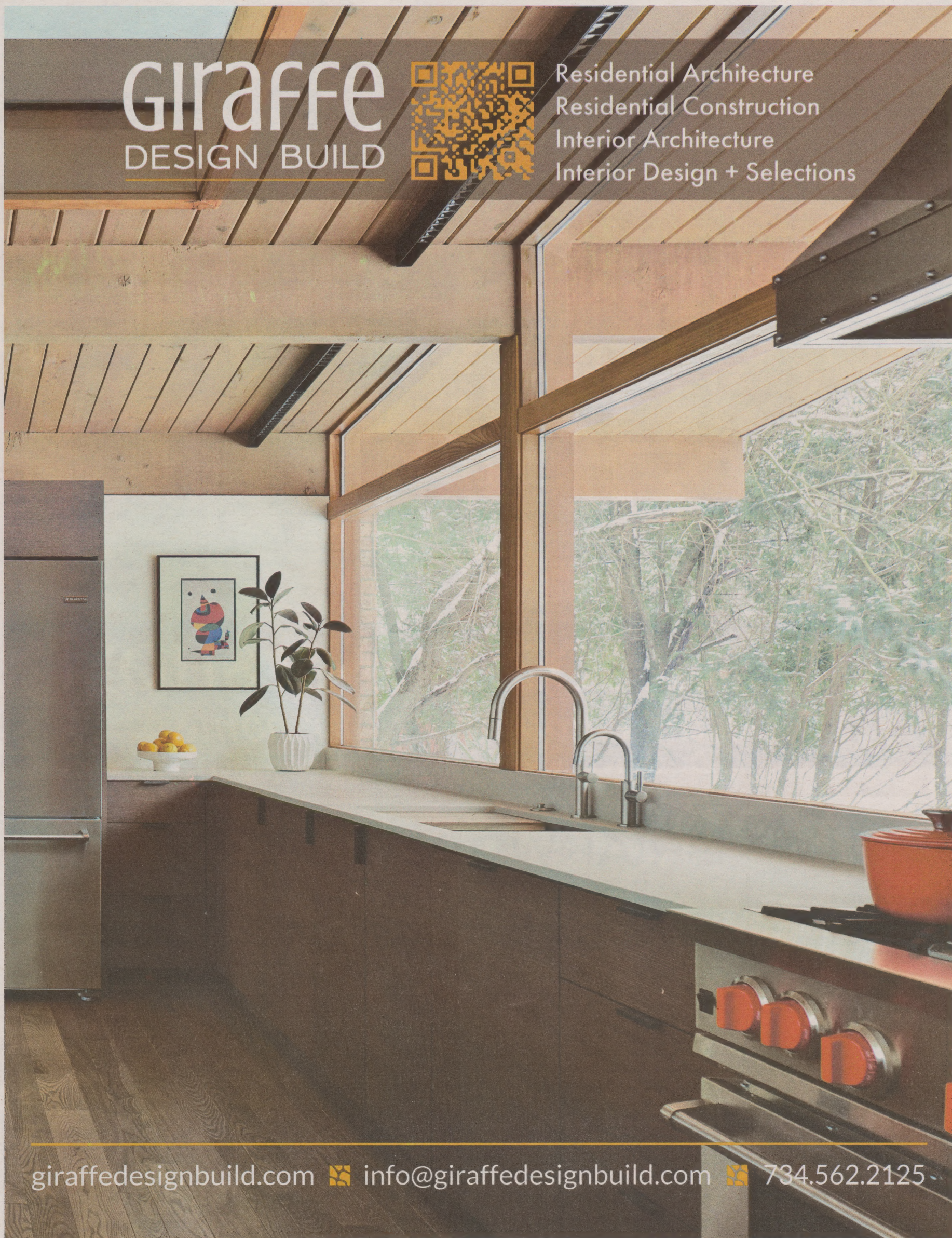


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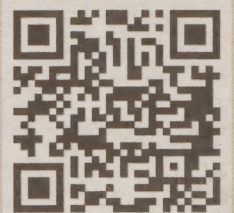
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# A different approach to strength training.

*Think movements, not muscles.*

Preserving your muscle mass and strength is crucial if you want to enjoy an active life. It's what allows you to go skiing with the kids, travel with your spouse, and join the family hike without hesitating or having to worry about your pesky (insert troubled body part here).

Unfortunately for us humans, muscle mass starts to plummet after age 30. You can lose 4-6lbs of muscle tissue every decade if you aren't building strength training into your fitness routine.

That's a Christmas ham's-worth of muscle, gone by the time you're 40. And a family-sized Thanksgiving turkey of muscle that has vanished by your 60th birthday.

Muscle loss is inevitable, UNLESS you're doing something to prevent it. This is where strength training comes in.

With over 600 muscles in the body, it would be impossible to come up with an exercise routine that worked each of them individually. So instead of thinking "what muscles should I be working?" think more along the lines of "what movements should I be working?"

To maintain strength throughout your whole body, you should be addressing these 5 movements in every workout- Squatting, hinging (bending at the hips), upper body pushing, upper body pulling, and core.

**Squatting:** working on your squat will make it easier for you to sit down on the toilet, get up off the couch, and take a knee to talk to your grandkids. Squatting works the muscles in your feet, shins, knees, thighs and hips, as well as requiring a strong core. Work on full depth squatting or lunging so you can keep your mobility and work dozens of muscles at the same time. Examples: bodyweight squats, lunges, side lunges, single leg squats.

**Hinging:** hinging primarily works your bum and back of your legs. Keeping strength in this area will make it easy to push the lawnmower, hike uphill, pick up boxes in the basement and climb stairs like a champ. Examples: deadlifts, glute bridges, hamstring curls.

**Upper body pushing:** using your upper body to push something away (or push yourself away from something) requires dozens of muscles in your arms and shoulders and also calls for a strong core. Ask anyone who has struggled to get their suitcase in the overhead compartment of a plane, upper body strength disappears fast



if you aren't working on it. Examples: push ups, overhead presses, medicine ball chest passes.

**Upper body pulling:** this is the most challenging movement to work on outside of a gym setting, and it's probably the one we need most to improve posture and back/shoulder health. Pulling works the muscles in the arms and back, will help you avoid shoulder pain, and may even make you look taller to your friends (because of your improved posture). Examples: rows, chin ups/chin up variations, vertical hang.

**Core:** a strong core is the foundation of creating strong movements. All strong movements go through a strong, stable core. If your core is weak, all other movements will be weak as well. Like they say, "you can't shoot a cannon from a canoe." Maintaining core strength means you'll have better spine health, less back pain, and the potential to improve strength across your entire body. Examples: planks, side planks, suitcase carries.

Check these 5 boxes with every workout and you'll be well on your way to keeping your muscle mass, maintaining your freedom, and being the happiest, healthiest, most active version of yourself.

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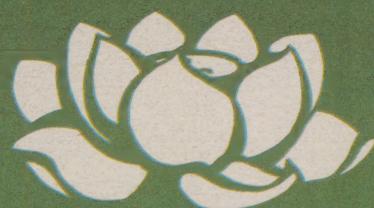
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## Snow Shoveling in Cold Temperatures Can Lead to Dangerous Heart Issues

The beauty of new fallen snow often masks a hidden danger: the increased risk of heart attacks as temperatures drop and snow blankets the ground. According to the American Heart Association, the world's leading nonprofit organization focused on heart and brain health for all, research shows that the exertion of shoveling snow may lead to an increased risk of a heart attack or sudden cardiac arrest.

Shoveling snow places extra stress on the heart, especially among people who aren't used to regular exercise. The movements of snow shoveling are very taxing and demanding on your body and can cause significant increases in heart rate and blood pressure. Combined with the fact that exposure to cold air can constrict blood vessels throughout the body, your heart is trying to do a lot more work in conditions that are diminishing the heart's ability to function at its best.

When shoveling snow, you can reduce your risk by starting gradually, pacing yourself, covering your mouth and nose and wearing layered clothing with proper cold weather gear. Ideally, push or sweep the snow rather than lifting and throwing it, as that action involves a little less exertion. If you have known or suspected heart disease or risk factors for heart disease, get someone else to do your snow removal for you!

If you experience chest pain or pressure, lightheadedness or heart palpitations or irregular heart rhythms, stop the activity immediately. Call 9-1-1 if symptoms don't subside shortly after you stop shoveling. If you see someone collapse while shoveling snow, call for help and start Hands-Only CPR if they are unresponsive with no pulse. Visit [www.heart.org](http://www.heart.org) to learn more about heart attack and stroke symptoms, and to learn hands-only cpr.

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2

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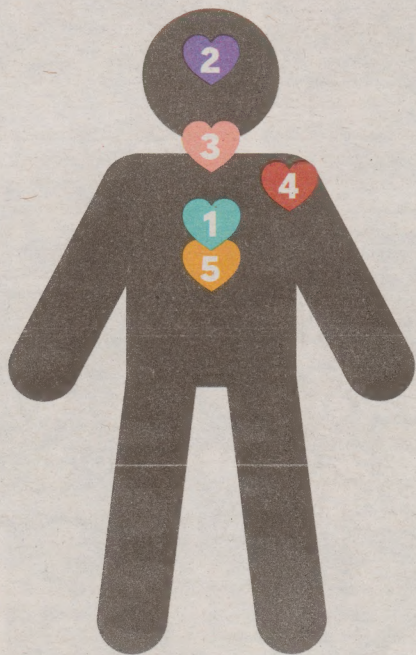
4

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5

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## Plowing the neighborhoods:

"Public Works is always looking for opportunities to improve services," emails Ann Arbor public works manager Paul Matthews, "and this was an opportunity to try something new." This winter, it's a commitment to plowing all city streets after a heavy snowfall.

In recent years, public works has cleared only "major" streets. But in December, city council approved a contract with Saline's KBK Landscaping for up to \$500,000 worth of "supplemental plowing" whenever four or more inches of snow are predicted.

KBK owner Kris Krause, forty, says he's been plowing since he was thirteen. He was one of several contractors the city contacted for input before putting out the request for bids and the only one who responded. He bid on and got fourteen of the twenty-three routes posted.

Why not all of them?

"We didn't want to overwork ourselves," Krause says pragmatically. "We tried to bid on the sections that are close by to accounts we currently have." He'll commit eight plows to Ann Arbor initially, and once other jobs are completed, he can add more. He figures they'll have no problem clearing all fourteen sections within twenty-four hours, as the contract stipulates.

Public services spokesperson Robert Kellar emails that west of State St., KBK will be responsible for local streets south of Huron/Jackson. East of State they'll handle everything south of the river, except for "a section bound by S. State, Hill St., Washtenaw and E. Stadium."

City crews will take care of the rest. Matthews writes that his drivers "will plow the remaining local roads in residential neighborhoods and apply salt to all hills, intersections and bridges including sections that are plowed by the contractor."

That could change down the road. "If this goes well, then we wouldn't mind adding on" more routes, Krause says. "It's a trial run for both of us."

**Parting gift:** Alyshia Dyer ran for sheriff promising to reduce racial disparities in arrests and shake up the office's leadership. In December, she held a Race and Economic Justice Town Hall to invite input for her agenda when she takes over this month.

One thing she shouldn't have to worry about is towing contracts.

Retiring sheriff Jerry Clayton recalls that when he took office sixteen years ago, he discovered the department wasn't bidding out the contracts that determined who his deputies called when they needed a car towed.

"In that first year I walked into a meeting in the conference room that I didn't know about," Clayton says. Looking around, he recognized the owners of several local towing companies. "They had all these maps out and they were carving up the county, deciding who got what territory for the contracts!"

Stunned, he walked out of the meeting, "called over some of my staff, and I said, 'All right, that's gonna stop.'"

"I went back into the meeting, I said, 'All right, meeting's over.'" The owners protested but Clayton bluntly told them, "That's not how we're gonna do this."

Instead, "we put a process in place where they had to bid, meet certain criteria." If his staff caught a company adding unnecessary charges, or otherwise falling short of expectations, "we suspended their towing service. And we did this a number of times."

"Law enforcement tows" by the sheriff's office and AAPD generated \$436,500 in fees in 2023, not including extras like storage. "They make so much freaking money off towing," says Clayton. "And we regulated how much they could charge for this and that. Enough for 'em to make money—they're all making a ton of money—but they're not gouging the people" whose cars are towed.

The current towing contracts, with Brewer's and Sakstrup's, are up at the end of February, but Dyer won't face any surprises: she'll find new contracts ready for her review.

"We have people from our team that go out and actually do the inspections at the yards. They attend the auctions," Clayton says. "Our plan is to leave that complete package, put a bow on it, and leave it on her desk."

"We don't get much revenue from it," Clayton says: about \$48,000 in 2023.

But "it's not about whether we're making money or not," he says. "It's about whether people are getting treated right."

**Keeping warm:** By the time the first snowflakes fell in mid-November, 1,537 local children were wearing new winter clothes provided by Warm the Children. "We're clothing more children than we have in many years," says program manager Mary Stewart. "The children we serve are from all over Washtenaw County—Ann Arbor, Milan, Dexter, Saline, Chelsea, and Ypsilanti, as well as the townships—and the need is growing."

For Stewart, it's a legacy close to home: Warm the Children was created in

the 1970s by her father, Mack Stewart. He was working for the *Torrington News* in Connecticut when he drove past a school bus stop on a chilly late-fall day and noticed children who had no coats, hats, or mittens. He vowed to remedy the situation, and, with the paper's support, launched the first campaign. Then he began reaching out to newspapers all over the country, suggesting they run their own drives.

The *Ann Arbor News* was among the papers that answered his challenge.

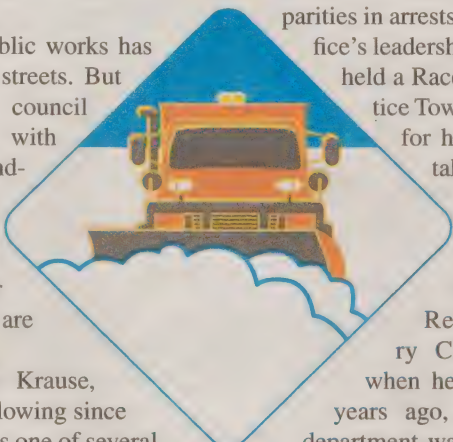
But the newspaper industry began facing hard times in the 2000s (see *Inside Ann Arbor*, p. 13); some closed, and the survivors cut back on their charitable involvement.

When the *News* ended its support in 2017, the Kiwanis Club of Ann Arbor agreed to host the program and gave Mary Stewart office space. Its funding, however, comes solely from community donations. Each year, Stewart contacts seventy-eight schools and social service agencies to identify children in need. When the school year starts, she says, it's a full-time job.

She also coordinates volunteers to help the children (accompanied by a parent, guardian, or social worker) on their shopping trip for coats, mittens, hats, and clothes. "Many of these children are from Spanish-, Russian-, Ukrainian-, Arabic-, and Chinese-speaking families," she says. Since she started in 2012, more than 120 volunteers have shopped with local children. "One woman does between sixty and seventy families herself."

Stewart keeps track of twenty-seven other Warm the Children projects around the country. They too "are reporting what we see here," she says: "The numbers of children in need are rising."

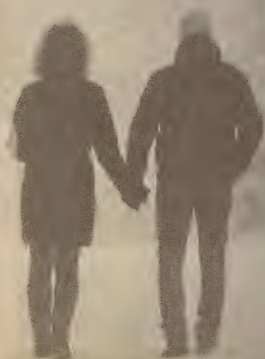
"Ours is the largest program, serving the most children, but we all share the same commitment: to keep our children warm."



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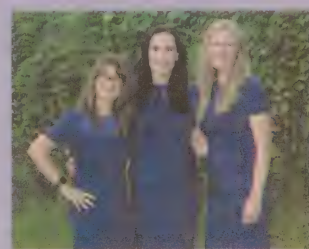
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\* According to the American Jewish Committee's report, The State of Antisemitism in America 2023.



## Paper Cut

*Is the Ann Arbor News abandoning print?*

Advance Publications, owners of the *Ann Arbor News* and seven sister MLive papers, announced in October that it will shut down the *Jersey Journal* at the end of January, while also eliminating print editions of its flagship *Star-Ledger* and two other papers in New Jersey.

Following the digital transition of four Advance-owned papers in Alabama and Mississippi in 2023, this move raises the possibility that print editions of the *News* and the rest of the MLive group could be next.

Fifteen years ago, the *News* was America's first sizable daily to slash its print edition from seven days a week to two. It was replaced by a new entity called AnnArbor.com. The name was used both in print and online, reflecting the hopes of Advance's owners, the Newhouse family, to build an internet-first business that cost less to produce while engaging readers as commentators and contributors. "We felt that it was our best chance to have a model that would scale well into the future," Steve Newhouse told the Observer's Vickie Elmer in 2009.

"In many ways," says Tonda Rush, legal counsel to the National Newspaper Association, "Advance was way out in front in developing online and starting a digital operation and worked out all the challenges while the rest of the industry was trying to figure out a strategy."

Everyone's strategy turned out to be cutting costs: slashing hundreds of staff positions, selling off office buildings, and shutting down printing plants. In 2008, American newspapers had 71,000 editorial employees. By 2020 that number had dropped to 31,000.

But in Ann Arbor, the new online model was a failure. Most of the community contributions weren't paid, and soon stopped posting. Online comments degenerated into scornful political exchanges. In 2013, Advance restored the *Ann Arbor News* name to the print paper, dropped the dedicated website, and again directed online readers to the statewide MLive.com.

It turned out that online advertising alone couldn't support the in-depth reporting the *News* and other print papers once provided. Elisa Shearer, Pew Research Center's senior researcher for news and information, points out that in 2005 ad revenue of \$49 billion was nearly five times circulation revenue of \$11 billion. By 2022, circulation revenue edged up to \$12 billion—but ad revenue fell below \$10 billion.

In recent years, even the biggest online national news sites have been laying off workers and looking for additional sources of revenue. Vice Media, once valued at almost \$6 billion, went bankrupt in May.



The *Ann Arbor News* opened a massive printing plant in Pittsfield in 2001, only to close it in 2016 as ad sales plummeted. Google now rents the building to scan books, the *News* is printed in Cleveland, and its parent company is urging subscribers to trade their newspapers for emailed facsimiles.

In September, it relaunched the print magazine it had closed five years ago.

That may be why newspapers ranging from the *Los Angeles Times* to the *Toledo Blade* continue to promote print subscriptions. Instead, MLive has been deluging print readers with ads urging them to save 40 percent by switching to online-only subscriptions.

Advance isn't talking about its strategy, but in Ann Arbor, a print subscriber paid \$463 last year for two papers a week. A Muskegon reader paid \$797 for three. Yet both are being deluged with offers to "Save up to 40%" by going digital—and promising to enter them in a \$500 Visa gift card drawing every time they visited the website.

According to the Michigan Press Association, 8,100 people subscribed to the *Ann Arbor News* two days a week in 2022 and 14,000 on Sunday. Based just on advertised introductory rates, those should have brought in close to \$6 million a year in revenue. But to earn it, the company had to print more than 1.5 million papers and deliver them to 22,000 subscribers. Statewide, print subscription revenue may have exceeded \$50 million—at the cost of printing more than 14 million papers and delivering them to more than 200,000 customers.

When the Muskegon reader asked about the digital discount, they were quoted a daily price of \$10.99, or about \$571 a year—a savings of 29 percent, not 40. But MLive also offers an online-only subscription for \$115 a year. A rep explains that it only gets readers past the website's paywall. The higher price includes a daily "digital paper"—an emailed PDF file.

Even if every MLive print subscriber went digital at the higher rate, its subscription revenue would fall by 29 percent. If they only want to get past the paywall, it would drop 70 percent. Yet Advance seems to have concluded that eliminating printing and delivery costs will more than compensate.

For readers, the question is whether any of the money saved will go into funding more local journalism. What's happening elsewhere is not encouraging.

In New Jersey, the planned closure of the *Jersey Journal* has not led to a hiring spree of reporters: On a single December day, fifteen of sixteen stories appearing on its web edition had the same byline.

The *Ann Arbor News* continues to report U-M and local sports, and Ryan Stanton provides excellent government coverage. But on Thursdays it is difficult to find more than a handful of local stories in the print edition, while ads tout "exclusive" content available only online—the *New York Times Book Review*, additional sports coverage, some puzzles, and TV "highlights."

Even much of what appears in the Sunday print edition is duplicated across the seven sister MLive papers. A relatively small amount of Ann Arbor news is surrounded by identical sections appearing in Grand Rapids, Saginaw, and other cities. Beat reporting is hard to do when a handful of reporters are juggling assignments ranging from a restaurant opening to a car crash.

Pew Research reports that nationally the number one source of local news is friends, family, and neighbors—at a breathtaking 73 percent. Newspapers are in seventh place, with 33 percent—behind TV, radio, online forums (Facebook and NextDoor), local organizations, and government agencies and officials. Although there are no data for the Ann Arbor market, in Grand Rapids, according to Pew, just 25 percent of residents get their local news primarily from newspapers, compared to 42 percent from TV. (Eighteen percent turn to radio, and 12 percent to online forums.)

Expanding newspapers' audience is challenging, says Pew's Shearer, because readers say they "can find plenty of local news free." Unfortunately, much of their original content can be and is shared directly and indirectly online, including

on Reddit—which is partially owned by Advance, alongside other properties like the *New Yorker*.

Rick Edmonds, a veteran media business analyst at the Poynter Institute, adds that "many print subscribers are not excited about navigating digital replica editions" like the ones emailed daily to MLive subscribers.

"People used to spend a lot of time with their paper," Edmonds says. "Now they patch things together from different sources."

MLive now has a single publisher for the entire state, John Hiner. His only public statement on the papers' future in print was in January 2023, when he wrote that the company was not planning to eliminate it "at this time."

In a December email, Hiner confirms that the company still has an Ann Arbor office at the corner of Huron and Ashley. Asked whether MLive will follow the other Advance papers in exiting print, he chose not to comment.

## Apartments for Rent

*Developers eye more than 1,000 units in Scio Township.*

While Ann Arbor is rapidly urbanizing, single-family homes on large lots remain the norm in its western neighbor. But last year a huge multifamily neighborhood opened south of Dexter, other projects are preparing to break ground, and more are in the planning process. If all are approved, Scio could gain more than 1,000 rental units.

As the township's newly elected trustees and officials moved into their roles late in November, they agreed to divide responsibilities temporarily, to maintain consistency and efficiency as the newcomers settle in. Veteran trustee Kathy Knol, a retired attorney, is supervising zoning, planning, and land use—a challenging assignment, since developers are beating a path to the Scio offices, and the township is bracing for a comprehensive study of its master plan next year.

The current plan, adopted decades ago, designated a single commercial corridor along Jackson Rd. Scio contracted with the City of Ann Arbor for sewer and water to serve it. "With the exception of the southeast corner of the township and the Loch Alpine Sanitary Authority, the rest of the township relies on wells for water and individual septic systems," Knol points out.

Much of Scio's development is shaped by the availability of wastewater treatment—and it's limited, Knol says. "Our engineer estimates that Scio has between three and eight years before we reach maximum capacity." In the meantime, however, major developments are underway.

The first and biggest is Woodview Commons, with 456 units on ninety acres south of Jackson. That's huge by Scio's





UMS PRESENTS

## UMS EVENTS TO *Ring In The New Year*

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Caroline Shaw and Gabriel Kahane invite audiences to contemplate the joy, grief, wonder, and bewilderment that spring from a life oversaturated in information. In this new UMS co-commission, the two performers and contemporary composers embark on their first large-scale collaboration, inspired by Jorge Luis Borges's 1939 short story "The Library of Babel."

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With 456 units, Woodview Commons is the first and biggest of the Scio projects. According to a member of the sales team who was reluctant to give their name, most tenants are “university grad students, young professionals, or seniors downsizing.” By the holidays, more than half the units had been rented.

standards, but almost routine for the developers, Soave Enterprises, Hunter Pasteur Homes, and the Forbes Co.—they’re also putting more than 400 apartments on the site of the former Northville Downs racetrack.

Preconstruction promotions began last February, and Woodview Commons began welcoming residents last summer. All the units are rental, starting at \$1,820 for a 636-square-foot unit and rising to nearly \$4,000 per month for townhouses.

High-density projects like this are years in the planning. When U-M summer interns discovered fifty-two blue heron nests in a Scio nature preserve at the back of the property, the developers agreed to redesign the complex to buffer the area.

“A huge blue heron nesting area is a significant natural feature in our community,” former Scio supervisor Will Hathaway says. “Blue herons are not a legally protected bird, but Scio is committed to protecting them as much as possible.” The developers built a pedestrian walkway at the back of the property around the preserve.

From Jackson Rd., the development doesn’t appear as big as it actually is—the property runs deep, with four architectural designs and rental options. Beech (one bedroom, one bath, 636 square feet) and Pine (two bedrooms, two baths, 1,109 square feet) are “stacked-flat apartments;” Aspen (two bedroom, two baths, 1,253 square feet) offers “ranch home apartments,” and Ash “townhouse apartments” have two or three bedrooms and three baths in 1,730 square feet.

A small clubhouse holds a workout room and sales offices. Nearby are two pickleball courts and a swimming pool.

According to a member of the sales team who was reluctant to give their name, most tenants are “university grad students, young professionals, or seniors downsizing.” By the holidays, more than half the units had been rented.

Once the residential units are complete this summer, the developers will add commercial space along Jackson. “We’ve asked about potential tenants, but the

developer hasn’t identified them yet,” the salesperson says.

On 105 acres off Baker Rd. north of I-94, a senior complex called Encore at Heritage Woods calls for 145 attached villas and eighty-two detached duplexes with facilities and services from independent living through skilled nursing care.

“This was a controversial project, approved in May of 2024 by the slimmest of margins—only four of the seven trustees voted for it,” Knol says. It’s a “planned unit development,” or PUD—a custom zoning that requires additional community benefits. The developers promised contributions to the township fire department, sustainability features, and pathways. However, Knol says she “was not in favor because of the complicated on-site issues,” one being the wastewater treatment necessary for such a large complex.

Instead of connecting to an existing sewer system, the plan calls for a dedicated on-site treatment plant, to be monitored by the Michigan Department of Environment, Great Lakes, and Energy. “Several of us had concerns about potential adverse effects of groundwater and drinking water,” Knol says. “We have been assured that adequate filtration will occur, but I’m cautious given the issues of dioxane penetration we have from the Gelman pollution plume. Also, their system will be the first of its type in this area.”

Heritage Woods is still in the planning process, Knol adds. “We’ve had a preconstruction meeting, but construction probably won’t begin until the spring.”

Again by a slim four-to-three margin, Scio’s trustees approved the initial plan for Crossroads (formerly known as Urban Crossroads) in September. Located at the corner of Liberty and Wagner, the plan called for fourteen structures and a fitness center served by Ann Arbor’s water and sewer systems.

However, Knol says, the original developer failed to provide Scio with required air-quality test results. (“We were concerned about the air quality emanating from the nearby concrete plant.”)

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## ASK DR. LO

## Is there a safe way to reduce my appetite?



Dr. Gustav Lo, MD

**Dear Dr. Lo,  
I keep hearing about semaglutide for appetite suppression. How does semaglutide work? What makes it safer than its prescription weight loss predecessors?**

Semaglutide: It's a great question because *diet drugs* have a checkered history. In the past, the most effective weight loss drugs were

amphetamine-like drugs ("speed," phentermine, etc.). They dramatically suppressed appetite and gave people a very energetic, euphoric feeling (as you would expect with amphetamines).

So what's the problem? Almost nobody keeps weight off after they stop taking those drugs, and they can't be used long-term due to pretty severe side effects and high risk of abuse/addiction. They're still legal, but almost no reputable physician uses them anymore.

Fen-phen (combined fenfluramine and phentermine) was another craze. You may remember in the early 2000s. It was taken off the market when heart problems surfaced after its public release.

Semaglutide is different. It's in the GLP-1 family, which was originally designed to treat diabetes, so it's unrelated to any other weight loss medication. The GLP-1s have been around since 2008 — with no new warnings from the FDA during that time — so most doctors consider them to be very safe, even for long-term use.

Unlike those old-fashioned diet pills, Semaglutide slows down food absorption, making you feel full longer. You end up absorbing your food calories more slowly too, so your body has a better chance to use them instead of storing more fat.

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## Inside Ann Arbor

Recently, another developer contacted the township about a revised plan using tax increment financing. A "TIF" lets developers offset some redevelopment, infrastructure, and other community-improvement costs by reducing the project's future property taxes. In exchange, the developer offered to make forty-three of the 120 apartments "work force units," with lower rents for essential workers.

"This is a complicated proposal—it shifts revenue and tax liability for a period of time," Knol explains. "The new developer has asked for meetings with us to discuss his plans."

One project that Scio turned down last year was Arbres Grove, which would have built thirty-five townhomes near the Parkwood condos, south of the Polo Fields on Zeeb. The trustees had serious concerns about its environmental impact, including stormwater management, potential contamination, and the removal of more than 400 trees—"dramatically altering the permeability of the site," Knol says.

"The developer was not happy with our denial," she adds. They're challenging the township's decision in circuit court, but she thinks they have a strong case.

The Goodrich/Quality 16 site north of Jackson has been vacant since the pandemic. Originally zoned for theater use, the property has been rezoned for apartments, restaurants, and retail. The township has had a concept meeting with an interested party suggesting 270 apartments in two four-story buildings, a clubhouse, and fitness center. It would require municipal water and sewer—"but it's in the early stages," Knol says. "We haven't seen a formal submission."

Single-family homes aren't forgotten: seventy are expected to be constructed behind Menards on Jackson Road. And Pulte is developing a plan for

100 single-family homes and ninety-eight "active-adult-targeted homes" for the corner of Parker and Jackson. "We haven't seen it yet," Knol says.

Land preservation continues to be a priority. "In terms of development," Knol says, "we're trying to work within our master plan and zoning ordinances, and everyone here is on board to balance the preservation of our semirural nature while allowing for some high-density development."

The trustees are beginning the master plan review, Knol says. "The next steps require committee recommendations that will be sent to the planning commission, and then the trustees will rule on them." But the trustees have identified three key concepts:

*"First, that sanitary sewer capacity must be considered for any new development in the Jackson Road Corridor," she says. "Second, any [development] must be in keeping with the sewer capacity constraints. And third, all higher-density residential projects will be exclusive to the Jackson Road Corridor."*

### Life in Ann Arbor

Tim Athan



## question corner

**Q:** What is the tall tower structure next to the U-M Transportation Facility near the corner of Baxter Rd. and Dean Rd.?

**A:** There is a utility shed at the base of the tower, and a sign on it has the ominous message "Radio frequency fields beyond this point may exceed the FCC general public exposure limit."

"The structure was built in the 1980s as part of the first university-owned telephone system," emails U-M spokesperson Kay Jarvis. "Today, the antennae support radio communications that might be used in emergencies."

Got a question? Email [question@aaobserver.com](mailto:question@aaobserver.com).

## calls & letters

### West Side Methodist Is Growing

"We were all kind of shocked," Betsy Blackmon said in a phone call. For a December article, we'd asked Matt Hook, senior pastor of Dexter's Huron River Church, why his congregation was selling the former Calvary Methodist Church in Ann Arbor.

They'd originally planned to open a branch there, Hook said, but decided against it in part because Calvary and another Methodist church had failed, and "others [are] not growing," including West Side United Methodist.

"We are growing, and are growing new families," said Blackmon, a West Side church member. "We are actually in a growth period and it's so nice—it's refreshing."



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# COAT DRIVE

## DEC 2<sup>ND</sup> - JAN 4<sup>TH</sup>

Clean out your closets and bring your gently used or unwanted coats to the **DROP-OFF STATION** (2950 East Ellsworth Rd) or **RECOVERY YARD** (7891 Jackson Road) December 2nd through January 4th, during regular operating hours. **Coats must be clean of dirt and grease and dry. (No commercial textiles)**

Bonus! Bring a coat, and receive **free entry** to recycle your traditional recyclables on the same day (*limit one free entry per person*) for one-stop convenience.

Usable coats will be donated to our local partner organizations, then distributed to those in need in our community. Unusable coats will be recycled at the Drop-Off Station.

**[RECYCLEANNARBOR.ORG/BOOST-REUSE](http://RECYCLEANNARBOR.ORG/BOOST-REUSE)**

**WHAT IS BOOST REUSE?** Boost Reuse is a community reuse drive initiative developed by Recycle Ann Arbor that aims to reduce and divert materials headed toward the landfill by moving materials up the zero waste hierarchy. Our goal is to develop and promote reuse programs in partnership with local community organizations that will distribute the materials to members of our community that can put them to good re-use!







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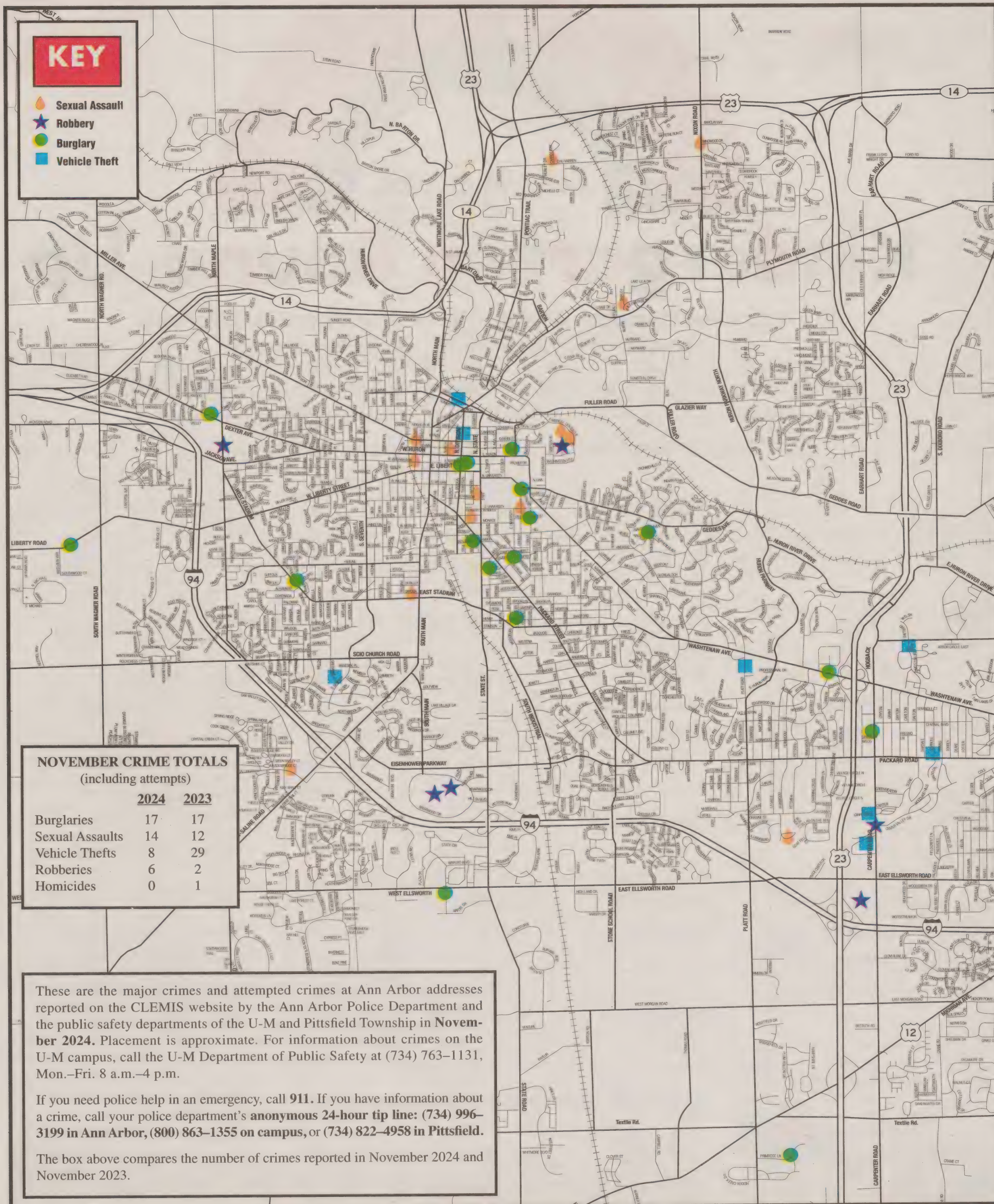
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# CrimeMap







# Kindergarten Round-Up

## An Exceptional Education Begins with the Ann Arbor Public Schools

Join us for our upcoming Kindergarten and Young Fives open houses.

We are excited to share with your family the fun that awaits your child this coming Fall 2025.

Meet the staff, learn about the programs, the enrollment process, and get answers to your questions.

You are welcome to attend any of our scheduled open houses, or call your school to schedule a visit.

### 2025 Kindergarten & Young Fives Round-Up Schedule

A2 STEAM	912 Barton Dr.	(734) 994-1958	Thursday	2/20/25	5:00-6:00 pm
(1) AA Open	920 Miller Rd	(734) 994-1910	Thursday	2/20/25	6:00-7:00 pm
Abbot	2670 Sequoia Pkwy	(734) 994-1901	Wednesday	2/12/25	6:00-7:00 pm
(2) Allen	2560 Towner Blvd	(734) 997-1210	Monday	2/24/25	5:30-6:30 pm
Angell	1608 S University	(734) 994-1907	Wednesday	2/19/25	6:00-7:00 pm
Bach	600 W Jefferson St	(734) 994-1949	Wednesday	2/26/25	6:00-7:00 pm
Bryant	2150 Santa Rosa	(734) 997-1212	Wednesday	2/26/25	5:30-6:45 pm
Burns Park	1414 Wells St	(734) 994-1919	Wednesday	2/26/25	6:00-7:00 pm
Carpenter	4250 Central Blvd	(734) 997-1214	Wednesday	2/26/25	6:00-7:00 pm
Dicken	2135 Runnymede Blvd	(734) 994-1928	Wednesday	2/26/25	5:30-6:30 pm
Eberwhite	800 Soule Blvd	(734) 994-1934	Wednesday	2/12/25	5:30-6:30 pm
Haisley	825 Duncan St	(734) 994-1937	Wednesday	2/26/25	5:30-6:30 pm
King	3800 Waldenwood Dr	(734) 994-1940	Wednesday	2/12/25	5:30-6:30 pm
Lakewood	344 Gralake Ave	(734) 994-1953	Wednesday	2/19/25	5:30-6:30 pm
Lawton	2250 S Seventh St	(734) 994-1946	Wednesday	2/26/25	6:00-7:00 pm
Logan	2685 Traver Rd	(734) 994-1807	Wednesday	2/12/25	6:00-7:30 pm
Mitchell	3550 Pittsview Dr	(734) 997-1216	Wednesday	2/19/25	6:00-7:00 pm
Pittsfield	2543 Pittsfield Blvd	(734) 997-1218	Wednesday	2/12/25	5:30-6:30 pm
(2) Thurston	2300 Prairie St	(734) 994-1970	Tuesday	2/11/25	5:30-6:30 pm
Wines	1701 Newport Rd	(734) 994-1973	Tuesday	2/11/25	6:30-7:30 pm

Young Fives eligibility: children must turn five years old between May and December 1.

(1) Informational event only. Families offered an enrollment space in the lottery will join a Welcome Event later in the spring.

(2) Includes Tuition Preschool Open House

**We look forward to seeing you!**





# Ann Arborites

## Moni Strouss

### A century of memories

**B**orn Mary Margaret Lauth, she's "always been called Moni." At ninety-nine she still cooks her own breakfast and lunch, keeps up with numerous family members and acquaintances, writes letters, discusses politics and social trends, and reads voraciously. The books stacked on the coffee table in her All Seasons apartment are topped by Timothy Snyder's *On Freedom* and Barbara McQuade's *Attack from Within*.

"I'm wearing black because I'm in mourning over the election," she says on a November visit. "My grandmother marched for the vote. The Nineteenth Amendment to the Constitution was ratified only five years before I was born. I was hoping to see a woman president in my lifetime."

Her mother was a flapper with bobbed hair. Her father belonged to a tight-knit German family living around Grosse Pointe Park, where Moni was raised. She started school amid the fear, hunger, and homelessness of the Great Depression.

"Those were hard, hard times for so many people," she sighs. Her family was more fortunate, since her father never lost his job—but money was very tight.

"My most important memories are flashes from my childhood," she says. "In my earliest memory, I see a tiny dark-haired girl wearing a little white dress sprinkled with rosebuds swirling across the room, to the admiration of my uncle and aunt."

It was her only school dress. Moni's mother washed and ironed it every night, so her daughter could wear it clean and fresh to school the next day.

Prohibition was still in force, and rum running was Detroit's second-largest industry. Her childhood friends included sons of one of the city's biggest crime bosses. She remembers seeing her uncle, a police detective armed with a machine gun, driving through the city streets in a patrol car.

In 1933, President Roosevelt closed the banks, and Detroit's city government printed its own greenbacks. "Scrip was a substitute for real money, but not all stores honored it," Moni explains. "When I needed shoes, my father drove me to several stores and told me to wait in the car while he asked if they accepted scrip. He didn't want me to be embarrassed if they turned us away."

"**W**orld War II defined, shaped, and transformed my generation," Moni says. "It is our milestone. None of us who were young during those years escaped the challenges and sorrows of the war."

On December 7, 1941, she was about to say goodbye to a friend heading to boot camp when they heard Roosevelt an-



nounce the Pearl Harbor attack. "We immediately squeezed into the family car and drove Ben to the train station—which was packed wall-to-wall with military personnel and their families," she recalls. "The air was full of fear and tears—parents didn't know if they'd ever see their sons again."

By the time Moni graduated from high school in 1943, most of her male classmates had gone into the service. That summer, she had a front-row view of Detroit's race riots. The city had gone through a population explosion, thanks to the war industries, bringing with it housing shortages, competition for jobs, and racial issues. "Between the war and the riots, that was a terrible, terrible summer."

Moni began college classes but, worried she wasn't doing enough for the war effort, she tried to join the navy WAVES. But the minimum age was twenty, and before her birthday the war had ended—and close friends had died.

Her sweetheart, Robert VandeVurst, was an Army Air Force navigator about to return home after his thirty-eighth flight when he volunteered for one more mission. "His plane was shot down," she says softly, clutching a small leather folio that holds his last letter and a newspaper clipping about his death. Letters from two other friends are also there: Joey Miela died at Monte Cassino. John Ginther was killed in Luxembourg just days before Germany's surrender.

By then she was working for the navy supply corps. "V-E [Victory in Europe] Day was very quiet," she recalls. "We smiled quietly, but we remembered the friends we'd lost, and we knew we had a war against Japan to win."

The news of Japan's surrender in August "caught us by surprise," she says. "V-J was a glorious day, absolutely glorious! People everywhere rushed onto their front porches to bang pots and pans."

**I**n 1946, she met John Strouss, a supply corps officer. They married in 1947, after John left the navy for Dow Chem-

ical in Midland. "John was nice-looking, very gentlemanly, with a fun sense of humor and quick wit," she says. During their sixty years together, they raised four sons as his career took them to Washington D.C., Hong Kong, New Jersey, Midland, and, ultimately, Ann Arbor.

In 1965, Moni joined a busload of Michigan women who marched on Washington, demanding an end to the Vietnam War. "I was opposed to the war, but I was horrified at the way returning servicemen were treated—even spat upon. I'll never forget that," she says, shuddering. And she witnessed renewed race riots in Detroit in 1967.

The family was in Hong Kong when the Vietnam War was raging and tensions with China were high. At one point, the FBI advised the couple to evacuate to one of the U.S. Navy ships lying offshore. "We could take our sons and one suitcase each, if we could leave within twenty-four hours." But the Strousses decided to stay, and the crisis passed.

"Those years were life-changing," she recalls. "We had the chance to really immerse ourselves in Asia, its people, culture, and conflicts. And we traveled around the world twice—a fabulous education for our boys."

When the Strousses returned to Michigan, their sons began enrolling at U-M, and Moni enrolled at Oakland University. "It wasn't easy going to school when I was raising a family, but finishing my degree was something I had to do."

Moni and John moved to Ann Arbor forty years ago. She immersed herself in International Neighbors and the Unitarian Church, taught Great Books classes, and volunteered to bring art into inner-city schools.

When John was diagnosed with dementia, Moni nursed him until his death in 2008. Two of their sons died prematurely of a hereditary heart condition.

"I've had great losses and sadness," she says. "But I've also had a wonderful life."

—Cynthia Furlong Reynolds

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## Peek Inside Your Health: Full Body MRI Screenings Unveil Silent Issues Before Symptoms Arise

(Southfield, MI) Full body MRI clinics have gained national attention lately, as TV personalities publicly share their personal full body scan experiences. One actress credits the scan for saving her life after doctors dismissed her unexplained pain for months. After various tests, including a CT scan, had “unremarkable” results, the pregnant actress became her own advocate, searched out a full body MRI clinic and discovered she had pancreatic cancer. Thanks to early detection the tumor was removed successfully.

As a general rule, when symptoms occur related to cancer, it usually has progressed to stage three or four. Even with annual physicals, there are limitations. Most screenings only cover about 29% of cancers with 71% occurring outside of where doctors are able to screen. However, full body MRI scans can detect cancer in every organ from the top of the head

through the pelvis and can detect it very early.

For a long time, full body MRI scans were available only in select areas outside of Michigan, requiring expensive flights like in Vancouver or California. However, this changed when a facility opened in Southfield, making these screenings available to families residing in Michigan.

“Our advanced MRI screening can detect cancers very early when they are as small as a pencil eraser and are more easily treatable. If cancer goes undetected, however, it can grow into stage three or stage four with difficult treatments. We can also identify hundreds of conditions such as brain, abdominal, chest, and groin aneurysms,” stated the founder of the Southfield clinic called Bionicc Body Screening.

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# MyTown

## Scarves at St. Andrew's

*A sisterhood knits for breakfast guests.*

St. Andrew's Breakfast Program was established in 1982 by Svea Gray and ever since has been serving breakfast seven days a week to the hungry, working poor, and homeless in our community. A typical morning will find 150-175 in the church's gathering room. However, once folks have enjoyed a warm, hearty meal and packed a sandwich for lunch, they must depart.

On a recent cold morning, it was just twenty-one degrees!

It was on just such a day that our friend, the late Maureen Voorhees, enters our story. Development director at Greenhills School from 1981 to 1988, she volunteered at the breakfast, and she encouraged her colleague Dave McDowell to do the same.

"Maureen was a teacher at heart and never forgot that we were there for the kids," Dave recalls. "The St. Andrew's Breakfast volunteering was one of her many ways to broaden the experience for kids beyond the classroom. We offered the opportunity to any upper-school student who wanted to volunteer serving breakfast to accompany us, and we alternated Fridays. We met at school at 7 a.m., which gave us enough time to get to St. Andrew's before 7:30, when breakfast was served. Our students not only met our homeless guests, they also worked with adult volunteers, many of whom were senior citizens and engaging role models. At a recent Greenhills reunion, a former student said to me that volunteering at St. Andrew's was a highlight of her time at Greenhills."

Seeing guests leave the warmth of St. Andrew's on a cold winter morning, Maureen had an inspiration: An experienced knitter, she could make scarves for them! She invited us, her sisters in PEO (Philanthropic Educational Organization, a women's service group) to a knitting bee at her home. "This was over 20 years ago," recalls her daughter Kate Martin.

Maureen had bins of beautiful yarn, lots of needles, and several simple patterns, which gave each scarf a distinctive look. She invited non-knitters to attend, too, teaching them how to stitch and purl, never critical, always encouraging.

Carolyn Shear tells the story of her first day learning to knit: "Maureen handed two needles and a very large ball of multicolored yarn to me. The colors of the yarn changed every few inches from red to orange to pink to green to blue, and on and on! With a twinkle, Maureen told me that she knew I got bored easily, and she



**The late Maureen Voorhees with Breakfast at St. Andrew's founder Svea Gray. This year, the volunteers Voorhees taught knitted 74 scarves.**

was certain that this yarn would keep my interest.

"Over time, I became a knitter, finished that first long scarf of many colors and added it to the pile headed to St. Andrew's. Imagine my delight one cold winter day in Ann Arbor when I saw a woman warmly wrapped in my colorful, rainbow-hued scarf!"

PEO sisters who had no interest in knitting joined our bees for Maureen's delicious cookies and the group's warm friendship, adding hats, gloves, and socks they'd purchased to the scarf pile. Our better knitters branched out into hats and mittens, too.

A member's sister in Tennessee was so impressed with our project that she knitted up a storm and mailed a box loaded with scarves; when Maureen opened it, they popped up like a jack-in-the-box. At St. Mary's parish, Maureen encouraged women who'd learned of our project to knit scarves for St. Andrew's, too. And St. Mary's Women of the Heart did!

Every year, Maureen knitted at least thirty scarves herself. She also created a heart-shaped label reading "knit from our heart for you," which she attached to each scarf. Then, early in December, Maureen would load two large plastic bins with all the scarves and deliver them to St. Andrew's.

One delivery day, she received a parking ticket! From then on, she had PEO sister Barbara Balbach drive and watch the car while she carried the bins into the church. Over the years, we have knitted and donated at least 1,000 scarves. In December, a group of us took seventy-four hand-knit scarves to St. Andrew's.

Maureen passed away this past March. Before a recent meeting of our knitting circle, her daughter dropped off bins of yarn, Maureen's gift to us. We will be knitting many more scarves for St. Andrew's this winter, continuing what Maureen began.

—Martha Buhr Grimes

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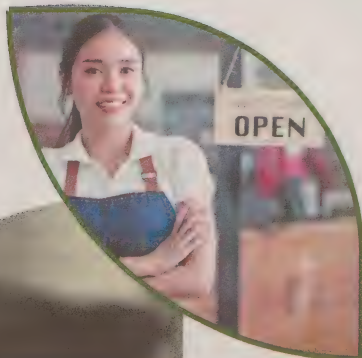
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**T**he 2024 Michigan Football season is likely to be remembered for two things: After a tepid start, the Wolverines upset the Ohio State Buckeyes. And Bryce Underwood upended Michigan athletics.

Though he's just graduated from Belleville High School, Underwood is already a household name. On December 4, he officially signed a letter of intent to play football for the University of Michigan, reversing his earlier commitment to attend Louisiana State University.

The quarterback, considered the nation's No. 1 college prospect, according to *Sports Illustrated*, was admitted early to Michigan and was eligible to start practicing on December 19. Even before he put on a uniform, Underwood was already receiving VIP treatment, starting with the incentive package that brought him to Ann Arbor.

Numerous reports said he will receive \$12 million—\$3 million for each year he stays at Michigan.

While alumni for years have played a role in convincing prospects to attend their alma maters, until recently financial incentives were forbidden. In the early 2000s, after a federal investigation confirmed that a Detroit numbers runner had loaned hundreds of thousands of dollars to prospective and active Michigan basketball players, the U-M agreed to vacate the records of more than 100 games dating back to the Fab Five era.

Things began to change in 2019, when a federal district court ruled that college basketball was subject to federal antitrust laws and overturned National Collegiate Athletics Association rules forbidding direct compensation to athletes. California lawmakers legalized the practice in 2019, and the U.S. Supreme Court upheld the lower court ruling in 2021.

That allowed states to authorize a program called Name, Likeness, and Image, or NIL (each letter is pronounced). But while the Michigan legislature did so in 2022, the U-M was relatively late to the NIL game.

Current NIL rules allow college athletes to make money from corporate sponsors, sell merchandise and memorabilia, and accept payments from booster-led cooperatives, which can hire players to appear in advertisements, take part in charity events, and attend receptions with their members. At Michigan, the M Den and other stores offered memorabilia from players such as quarterback J.J. McCarthy; some players, like cornerback Blake Corum, made personal appearances. Corum memorably donated his NIL money to pay for Thanksgiving food drives in Ypsilanti, which he still funds as a player for the Los Angeles Chargers.



J. ADRIAN WYLIE

## THE \$12 MILLION QUARTERBACK

*"Name, Image, and Likeness" upends Michigan athletics*

The epic deal also added a patina of celebrity. It was crafted by alum Dave Portnoy, the founder of sports and pop-culture media site Barstool Sports, and billionaire Larry Ellison, the cofounder of technology giant Oracle.

Yet prior to Underwood's announcement, no Michigan athletes were listed among the top ten athletes ranked by On3.com, a website that estimates NIL value, in part by measuring their appeal on social media.

The epic deal also added a patina of celebrity. It was crafted by alum Dave Portnoy, the founder of sports and pop-culture media site Barstool Sports, and billionaire Larry Ellison, the cofounder of technology giant Oracle.

Ellison had not previously been connected to Michigan, but in December, the *Wall Street Journal* reported that his fifth wife, Jolin, is a Michigan alum (international studies, 2012).

Tom Brady, the former U-M quarterback and NFL superstar, also played a key role in wooing the Belleville native. Jay Underwood, Bryce's father, told the *Journal* they talked three or four times a week.

**U**nderwood's signing day at Belleville High on December 4 was crowded with sports reporters and camera crews from around the country. A photographer and videographer livestreamed the event on Underwood's Instagram account. (They later told Observer photographer Adrian Wylie that they've been following him for years.)

Joining Underwood that day was teammate Elijah Dotson, a safety who is the No. 2 ranked high school player in the state. Like Underwood, Dotson also flipped to Michigan after committing to Pittsburgh. The size of his NIL deal, if any, wasn't reported.

They will not be the last players to be lured to Michigan—or other schools offering equally mind-boggling sums. "It's the new Wild West, man," says author John U. Bacon, a longtime observer of Michigan athletics. "You compete, or you lose."

In early December, Underwood cracked the On3 list at No. 9. His 249,000 social media followers were still a fraction of the millions attracted by others, including Colorado quarterback Shedeur Sanders, who has a deal with Nike, and LSU gymnast Livvy Dunne, known as the most-followed NCAA athlete on social media with nearly 14 million fans. Nonetheless,

Underwood has arguably the highest profile of any college football freshman.

Even before signing his letter of intent to be a Wolverine, Underwood appeared on the sidelines at Michigan's last home football game. He took a courtside seat at a Detroit Pistons game, inked an endorsement deal with trendy clothing brand Hollister, and rolled out a line of official merchandise on his website. Fans can buy a "Big House Bryce" T-shirt for \$50 or a pack of autographed trading cards for \$1,900.

On the website, Underwood writes that he's "so pumped to take the next step in my football journey at the University of Michigan!" On X, he describes himself as "University of Michigan Quarterback." And in an Instagram post, he writes that he will "always remember the journey that got me here. I appreciate everybody's support, let's go all the way!"

**T**he upheaval in college athletics hasn't stopped. In October, a federal district court judge tentatively approved a \$2.8 billion settlement with five major NCAA conferences, including the Big Ten, that allows schools to directly pay students. It would limit roster spots but allow schools to give scholarships for every player on their NCAA-sanctioned team. The settlement also calls for athletes since 2016 to be retroactively paid for their missed NIL opportunities. The deal would take effect this summer, al-

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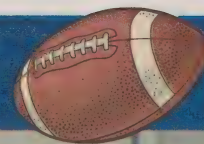
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## THE \$12 MILLION QUARTERBACK



J. ADRIAN WYLIE

Underwood's signing day at Belleville High on December 4 was crowded with sports reporters and camera crews from around the country. A photographer and videographer livestreamed the event on Underwood's Instagram account. (They later told Observer photographer J. Adrian Wylie that they've been following him for years.)

though California and two other states are objecting.

Warde Manuel, Michigan's athletic director, told Wolverine fans this fall that the school needed to step up. In a letter on October 9, Manuel said Michigan anticipated paying \$22 million to athletes that compete on twenty-nine NCAA teams beginning with the 2025–26 academic year. And scholarship costs will rise by \$29 million to cover all 780 eligible athletes.

Given those two expenses, Michigan will need to generate more than \$50 million, either through new revenue or cost cuts elsewhere, to "maximize" what NIL permits.

"This is a challenging time in higher education and college athletics, but it is also an opportunity to show the world who we are at Michigan," wrote Manuel, whose AD contract was extended in December to 2030. "To help secure the long-term success of our athletics programs, we need the support of everyone associated with Michigan Athletics."

The linchpin of that effort is the Champions Circle, the official collective providing funds for Michigan athletes.

Cofounded by Jared Wangler, who played fullback at Michigan, and Phil Hollyer, an engineering grad and Chicago tech executive, the group calls itself "a community of fans, alumni, and supporters whose goal is empowering University of Michigan student-athletes to be the leaders and best, through name, image, and likeness."

This fall, Champions Circle ran ads during Michigan football broadcasts encouraging the public to become members, at prices ranging from \$10 monthly, which includes a decal, to \$500 a month, which rewards donors with a signed football. Wangler's Valiant Management Group has been hired to help with fundraising and marketing activities.

On its website, Valiant, whose name was inspired by Michigan's fight song, says it has served more than fifteen teams and 400 athletes, including \$5.5 million in NIL deals for Michigan players since

2021. They range from social media endorsements, at \$10,000 each, to appearing in television commercials and print and digital ads, which can cost the advertisers hundreds of thousands.

In a testimonial on its website, former Michigan head coach Jim Harbaugh says the company was "a trusted agent" and encourages "our Michigan family to support them in their NIL efforts."

**F**or coaches, NIL is an entirely new complication, Bacon says. Previously, "A football coach only had to coach and recruit. Now they have to take into account financial systems."

Bacon wonders what happens if Underwood doesn't pan out in his first season, and head coach Sherrone Moore has to bench him for a more experienced player. "Is he going to hear from Larry Ellison?"

NIL, Bacon says, is turning college football into the equivalent of a minor league for the National Football League, which does not have one, unlike Major League Baseball and the National Hockey League, which do. Rather than amateurs hoping to turn pro, today's college athletes will already be professionals when and if they choose to enter the draft.

As professionals, they'll continue to look for the best financial deals while they are in school. And they may not stay at the university where they begin their careers.

Transfers have always taken place, but on an informal level. Sometimes students left for academic reasons or to play closer to home. But whatever the motive, those who did were penalized: the NCAA required them to sit out their first year at the new school.

The system was formalized in 2018, when the league created the transfer portal: an official list of players who have signaled their willingness to leave their schools. Starting in 2021, players were allowed to transfer once without penalty. Then, last May, the NCAA reached a consent decree with the Department of Justice to allow unlimited transfers.



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During the 2023–24 season, more than 2,000 football players said they were up for new opportunities, according to On3, which keeps a running tally. As the Observer went to press, twenty-six current and former Michigan football players were in the portal. (Former means they were at Michigan but were not active players this fall.) At that point, Michigan had signed five new players from other schools, according to On3.

Like free agency in baseball, the portal brings up the prospect of a bidding war that is likely to benefit big and wealthy schools and penalize those that can't match their fundraising. "What is going to happen to poor Eastern Michigan?" Bacon wonders.

One possibility is that schools with less money will have to discontinue some NCAA-level teams. That is already happening in men's gymnastics, where Michigan's is one of just fifteen NCAA teams left in three conferences. The biggest donation to the U-M men's program to date was \$1 million, says coach Yuan Xiao, even though the current group boasts two members of the U.S. Olympic Team.

Manuel said in his letter that the school planned to continue supporting all of its twenty-nine teams. But changes in what fans see when they arrive for athletic events are undoubtedly coming.

Michigan has never allowed advertising at its major athletic venues, including the Big House, Crisler Arena, and Yost. Nor has it displayed the logos of corporate sponsors, although numerous buildings, classrooms and venues across campus bear donors' names. Last fall, Manuel said he wanted to get feedback on that step before it's implemented.

Given that fans are constantly surrounded by advertising and branding in the sports world, the shift might barely be noticed.

**B**ut researchers are noticing the impact that NIL may have on college athletes. In a 2023 report, William Holabaugh, Aaron Jeckell, and Alex Diamond at the National Institutes of Health said NIL posed "novel responsibilities and stressors to athletes."

The trio called on academic programs to provide resources to athletes and their families so that students could navigate the confusing and potentially predatory financial landscape.

"We must provide resources to youth athletes to minimize the risks associated with NIL involvement and related activities," they wrote, "and to ensure that athletes with NIL contracts are able to balance their academic and athletic responsibilities."

Amid the hoopla, Bryce Underwood has displayed an extraordinary amount of zen, at least in public. Asked at his signing how it felt to have Tom Brady and others stepping up to bring him to Michigan, he replied, "It was a great opportunity, but I'm just more focused on getting into the school and starting my classes."

Michigan football fans are looking farther ahead: Underwood's first test as a Wolverine could come as early as August 30, in the Big House, against New Mexico. ■



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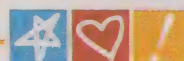
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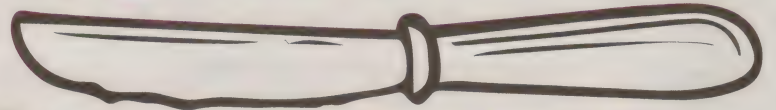
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# Life Lessons from being a Line cook



how a promotion from washing dishes shaped the life of zingerman's cofounder.



by ari weinzweig

Ari Weinzwieg and Paul Saginaw opened Zingerman's Delicatessen in 1982. It became the cornerstone of a Community of Businesses that today has a staff of 700 and annual sales of more than \$80,000,000.

Along the way, Weinzwieg has published more than two dozen books on food, business, and leadership. This article is excerpted from his latest, a hand-bound chapbook that connects his early life to his work today.

along the lines of "How does it feel to be such a successful entrepreneur?" I usually smile and deflect the compliment with a bit of heartfelt humility: "Thank you. You're very kind."

Time and mental space allowing, though, I might answer the question in a bit more depth: "To be honest, I don't really think of myself as either a 'success' or an 'entrepreneur.'" The typical response is something akin to, "Really? Then how do you see yourself?"

For years, I fumbled around for an answer. Eventually, I realized I could just tell the truth: "I feel like a line cook who's doing pretty well."

There is nothing I can recall from the early years of my existence in suburban Chicago that would have led me—or anyone else, for that matter—to believe that my life story would later be

transformed by a deep connection to food and cooking.

Our family's eating routines were pretty pedestrian and most of our meals were rather mundane. The beauty and joy I experience today with cooking and eating were largely absent. We certainly ate supper together more often than not, but food was hardly at the center of my family's story. Granted, my grandmother came over on Friday nights to cook the weekly Shabbos meal (roast chicken, chopped liver, chicken soup, and potato kugel), but it was really just a sidebar to a host of other "more important" topics of conversation.

Most of the foods I grew up with were actually the antithesis of what we do here at Zingerman's. They were products of industrialization that came out of the twentieth-century shift from farmers markets to the mass market. As I share in the pamphlet "A Taste of Zingerman's Food Philosophy," the Pop-Tarts®, Tang®, Twinkies®, Fritos®, Cheetos®, Kraft® Mac & Cheese, Mrs. Paul's® Fish Sticks—and a host of other items that all require registered trademarks to be used alongside their names—kept me fed and made me happy, but they didn't inspire any big life plans.

At the time I started my undergraduate studies at the University of Michigan, I really had no clue what I was going to do when I "grew up." I was "supposed" to

go somewhere for further education—like maybe law school, med school, or some yet-to-be-determined degree at graduate school. There was certainly no version of my life story circulating when I was seventeen that had anything at all to do with farmhouse cheddar, first flush Darjeeling tea, or the fresh milling of organic grain. Where I came from—literally and conversationally—none of these were ever on the table. I doubt that I, or anyone I knew, had even heard of them.

To be clear, when I took my first job washing dishes, I had absolutely no inspiring life ambition, nor any hint of a strategic plan to shoot me forward toward "success." It was really just a coincidence that one of my college roommates happened to be working at Maude's restaurant downtown and seemed to sort of like what he was doing—at least he'd made enough positive comments about his job that joining him there sounded like a

(Above) Weinzwieg with his book and a working line cook at Zingerman's Roadhouse. When people asked him what it feels like to be a successful entrepreneur, he writes, he fumbled for an answer until "I realized I could just tell the truth: 'I feel like a line cook who's doing pretty well.'"

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## Life Lessons from being a Line cook

reasonable short-term option for me. At the time, my interest was mostly just to avoid getting sucked back into life in the Chicago suburbs. Without any big plans, I decided to simply stay put in Ann Arbor.

In that sense, it was luck that I came into cooking for a living, but I know enough to know that there's more to the story than just good fortune. Doors open, yet most of us find a wealth of reasons not to walk through them. I could easily have fallen into the unhealthy version of the food business that's gotten so much bad press over the years. Or I could have just quietly kept my head down, stayed in restaurants for a year or so, and then gone to grad school like my mom wanted me to. Certainly, I had any number of advantages that my middle-class, learning-focused Jewish family afforded me. Still, as neuroscientist, psychologist, and author Angela Duckworth writes, "Our potential is one thing. What we do with it is quite another."

For me, all this calls up the saying, "When the student is ready, the teacher will appear." Looking back, it's reasonably safe to say that I was ready to learn a lot from food and cooking, and to let those lessons change my life for the better as they continue to do today. When the managers at Maude's offered me a job washing dishes, I got right to work. A few months later, I started learning how to prep, and from there I moved up to cooking the line.

I learned early on that to get dinner for six out to a table successfully requires an amazing amount of things to go as they should and dozens of people (including me) to do our jobs well. To time all six main courses, appetizers, drinks, and desserts (each coming from different stations) so they show up at the right time; for the host to greet with great energy; the bartender to garnish every cocktail precisely; the folks preparing the food to season each dish correctly; and the food runner to carry the plates properly... if all of that happens as it should, it's almost a miracle. And that doesn't even account for the work of the baker, the brewer, the farmer, and the fisherman without whom we wouldn't even exist.

Growing up in a big city at the height of the industrial era, in a family that spent much more time and energy engaged in intellectual debate than they did walking in the woods, I was pretty well cut off from the wonders of nature. For me, seasons were mostly about transitions—from sun to snow, baseball to basketball, summer vacation to the start of the new semester at school. As a kid, I had no clue that strawberries were only available for three weeks in the spring, fresh milk was once seasonal, or that there is a particular time of year when olive oil is pressed.

At some subconscious level, I probably craved that connection. All these years later, I can see that I successfully traded the concrete and asphalt I was so comfortable

with growing up for cooking, and endless intellectual debate for ever-increasing culinary insight.

Working with food taught me to really taste, touch, smell, and savor. It helped me learn how to listen better to my body, to watch the way birds land on branches, to take in the grace of the bees as they buzz around colorful blossoms. Working with food in this way opened a whole new world for me.

As Stephen Harrod Buhner says, "If you pay close attention, you will notice there is a difference. There is a livingness to it, which the pen or cup or desk did not have (or perhaps did not have as much). And that livingness has a particular feeling to it." If you stick with it, Buhner says, "you begin to encounter the living reality." Line cooking helped make that happen for me. My life is radically richer because of it.

Working with food also has taught me time and time again how small a presence each of us are in the world. As business writer Michael Gelb reminds us, "True humility emerges from a sense of wonder and awe. It's an appreciation that our time on earth is limited but that there's something timeless at the core of every being."

As Fyodor Dostoevsky, one of the insightful Russian writers I studied in school, once said, "The mystery of human existence lies not in just staying alive, but in finding something to live for." Line cooking led me to exactly what Dostoevsky describes.

One evening not all that long ago, I delivered some food to the table of a guest. He looked at me seriously and asked, "So, what gives you purpose?" I'm pretty sure he didn't know who I was, and that he was just academically interested in how frontline people in food service sorts of jobs thought about "purpose." I'll admit I was sort of caught off guard, but I got myself grounded again very quickly and answered: "Everything!" I shared that there is purpose in delivering great experiences to guests and coworkers, in teaching the history of the food and the cultures from which it comes, in trying to contribute to our community, in showing that we can slowly work to rebalance inequities in our ecosystem, and in our drive to learn and continue to improve in all we do.

Around the same time that I was starting to cook in restaurants, Carl Rogers wrote a book entitled *A Way of Being*. In it, he shared how his work had altered his worldview, helping him over the years to develop "a point of view, a philosophy, an approach to life, a way of being, which fits any situation in which growth ... is part of the goal." This is exactly what happened to me with food and cooking.

How has it all played out? In the forty-six years since I started as a line cook,

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I've learned from many remarkable folks: Paul Saginaw, with whom I opened Zingerman's, began as the general manager at Maude's the same day I started washing dishes there. To this day, we still like working together! Frank Carollo, a line cook at the time, trained me. We became friends, and twenty years later he opened Zingerman's Bakehouse with us. Louie Marr taught us the basics of cooking and running restaurant kitchens, and today he still helps oversee all our construction projects. Over the years, I got involved with organizations like the American Cheese Society, Oldways, the Specialty Food Association, and Southern Foodways Alliance. Cooking and studying, figuring out all along how we could get better, more traditional food to Zingerman's, and then how to get people—most of whom knew little about artisan food back then—to want to buy it. Learning to continually taste, smell, and appreciate, and then sharing those experiences through teaching and writing, became a way of life.

The American food world has come an enormously long way since we opened the Deli in March of 1982. Looking back, I can see now that Paul and I were a small



one evening not all that long ago, i delivered some food to the table of a guest. he looked at me seriously and asked, "so, what gives you purpose?"

part of a big culinary revolution in this country. That revolution has radically (if all too often, inequitably) changed the way millions of people all over the country think about, cook, and consume their food. And while that revolution was unfolding, food and cooking were coming together to change my life in big, big ways.

I can now say with certainty: I hope that what happened to me happens to many others as well. What gets you going may not be cooking, but there are thousands of intriguing, difference-making professions into which one can pour one's passions. As Paul Goodman, a good Jewish boy who actually did go on to be a professor (and also a philosopher, playwright, poet, and anarchist), put it, "Having a vocation is somewhat of a miracle, like falling in love and it works out." Sure enough, Goodman's poetic statement, for me, proved to be true.

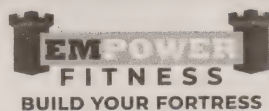
Given all that, I feel fairly confident in saying, it's all worked out. ■

*Printed in Ann Arbor and illustrated by Zingerman's own Ian Nagy, the chapbook includes Weinzwieg's "18 life lessons" and his tips for making "marvelous meals on the fly." It's available at Zingerman's Deli, Roadhouse, and Coffee Company, and online at zingermanspress.com.*

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# The Zingerman's Times

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January 2025

printed in ann arbor

## Locals Found Celebrating Dry January at the Roadhouse

Sources say restaurant Sings seven spirit-free sippers

Times refreshment reporters visited Zingerman's Roadhouse recently to follow up on an anonymous tip alleging that fresh, flavorful non-alcoholic beverages have been an especially big hit for folks partaking in Dry January. Thorough investigation by the Times team—consisting of taste-testing their way through the lineup—resulted in enthusiastic confirmation that all seven are sensational seasonal sippers.

The latest additions to their rotating menu of zero-proof drinks (or as the Roadhouse Roadies like to call them, Free Spirits) include seasonal concoctions like Rosemary Soda, made with house-made rosemary syrup, freshly squeezed lime juice, and club soda, and Everything Nice, made with a blend of housemade spiced apple syrup blended with lemonade. Our reporters uncovered that the

Roadhouse's line-up of satisfying non-alcoholic beverages also includes fresh-squeezed juices, draft and bottled sodas, freshly brewed iced tea, and more. So they have an easy-drinking, booze-free beverage for everyone, throughout January and beyond. One guest raved,

*Keep the mocktails on the menu and I will come to this place specifically because of them! No one has anything like this. Part of the enjoyment of a cocktail is when I'm sitting there sipping it with my friends, and even though I don't drink alcohol, I can still do that now!*

Times reporters have learned that during the Roadhouse's Happy Hour—Monday through Friday from 2 to 6 pm—guests can get \$2 off any zero-proof craft drink on the seasonal list, along with special deals on food, like \$2 oysters.

## Home Freezers Found Filled with Flavorful Deli Pot Pies

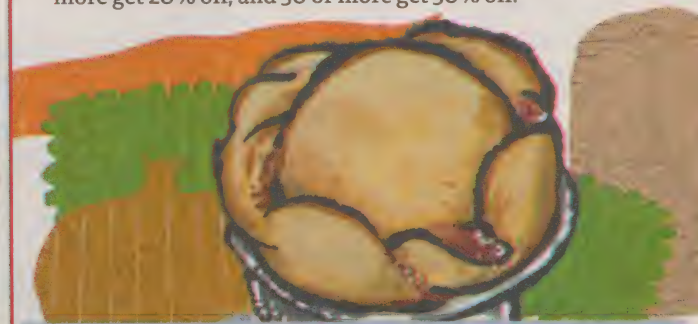
reported: dinner tables heating up all around town

As temperatures drop, the Times food writers have been informed that pot pie season at Zingerman's Delicatessen is here. Early reports have revealed that every winter, pot pie lovers pilgrimage to Ann Arbor to stockpile the Deli's six different flavors of frozen pies. And, on-site, post-purchase polling suggests that a well-stocked freezer induces levels of satisfaction akin to squirrels with abundant winter caches. About 9,000 pies were sold last year, according to Chef and Managing Partner Rodger Bowser, who concurs with their comfort-inducing powers, noting: "Tucking one of our pot pies into your freezer for the next bone-chilling night is a special way to warm up your dinner table this winter."

Solve the "What's for dinner?" conundrum and enjoy special savings to boot! In January and February, get Deli pot pies for a stock-up-and-save price: buy 10 or more get 10% off, 20 or more get 20% off, and 30 or more get 30% off.



Visit Zingerman's Roadhouse on Jackson Ave to try them yourself or head to [zingermansroadhouse.com](http://zingermansroadhouse.com) to peruse the full menu.



Shop in-store or order online at [shop.zingermansdeli.com](http://shop.zingermansdeli.com). Discounts will be automatically applied at checkout.

## Winter Revelers Thaw Out with Craft Cocoa

a delicious way to make every day a snow day

The Times chocolate columnists got the scoop on the story behind Zingerman's Next Door Café's hot cocoa mix. Zingerman's cocoa connoisseurs spent months formulating, blending, and testing Next Door Café's house blend of hot cocoa mix. Reina Telin, manager of the Next Door Café shares:

*We ordered just about every cocoa we could find—everything from the biggest to smallest chocolatier companies—and tried them all. The range of flavor profiles was huge. We found that we liked something in between an earthy, bold chocolate flavor and a little bit of fruitiness. We now use it to make all of the cocoa and mochas at the Next Door Café.*

The result is a mix made with Guittard cocoa powder that's deep in flavor without being overwhelmingly rich—great for everyone in the family, we're told, especially kids in après-sled mode. Readers can enjoy a cup of this specially-crafted cocoa by ordering a beverage to-go at the Next Door Café on Detroit Street, or by ordering your very own canister of cocoa to make at home, paired with a homemade marshmallow from Zingerman's Candy Company.



Order your drink at the Next Door Café or shop for tins in person or online at [ship.zingermansdeli.com](http://ship.zingermansdeli.com).

## Warm Up with Piping Hot Bibimbob at Miss Kim

Survey finds stone bowls more popular than snowballs

Chase away the chill in the air with a sizzling hot stone bowl bibimbob from Miss Kim, a Korean restaurant in Kerrytown. Times reporters learned from Chef Ji Hye Kim, four-time James Beard Award nominee, that she "loves the drama of bringing stone bowl bibimbob out all hot and crackling to the common table in the middle of our dining room, with guests oohing and aahing with their arrival." Stop in to get a little of that warmth and conviviality for yourself. Times reporters are bowled over by the ability to choose one of the stone bowl bibimbobs (topped with beef, pork belly, or a melange of mushrooms) and have their taste buds transported to a region in Korea with every bite.



Book a table at [misskimannarbor.com/reservations](http://misskimannarbor.com/reservations).

## attention food lovers!



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# MarketplaceChanges

by Dave Algase

## The Flight of Siam Square

*Fleeing the Victory Inn, it's landed safely at the Colonnade.*

Sirintip “Beau” Pramnoi wanted to move **Siam Square** out of the troubled Victory Inn from the time she bought the longtime Thai restaurant six years ago. She twice replaced rotten flooring due to a leaky roof the landlord wouldn't fix. The bathroom in the hotel lobby was a refuge for homeless people. To-go orders awaiting pickup would disappear.

She says customers would tell her “I love your restaurant—the decoration and everything is so beautiful—but then walking through the hotel, it's like a crime scene.”

Still, moving wasn't her top priority. She married fellow restaurateur Michael Persa of Slurping Turtle. They bought a house together in Saline and had a baby boy. Born with a heart defect that required surgery in infancy, he's now three and doing fine.

But given all that, “We weren't looking hard enough. Let's put it that way,” Persa concedes. “We were just like, ‘We'll find the right place, we'll find the right place.’”

Then, on September 3, “want” instantly turned into “need:” the city, citing myriad public health and safety hazards, condemned the Washtenaw Ave. hotel and ordered it vacated. After pleading for the chance to remove her kitchen equipment and furnishings, including many religious and cultural artifacts from Thailand, Pramnoi was given seven days to save what she could.

Three months later, she's back in business. She purchased the assets of another Asian family restaurant, VKitchen, in the Colonnade, and opened even before her new signage was approved.

“I'm just so happy to get my restaurant open again,” she says. “I'm just used to the routine.”

Born in southern Thailand, she moved to Bangkok for college and then to Michigan on a student visa, studying entrepreneurship at Schoolcraft College and Eastern Michigan. Her two daughters, now thirteen and nine, were born here.

Her brother Chatchai Promnoy—“Champ”—had been working in Switzerland as a chef, but she found him a job in Austin, Texas, so he could emigrate as well. They hoped to eventually join forces at her own Thai restaurant.

That opportunity came by way of a friend, Haluthai Inhmahong, whose mother Vasanna had owned and operated Siam Square since the 1990s. The sale was in 2018, and the Inhmahongs now run Basil Babe in Ypsilanti. Champ worked at



Sirintip “Beau” Pramnoi with her brother and chef, Chatchai “Champ” Promnoy at Siam Square's new home in the Colonnade on Eisenhower. “We love what we do,” says Pramnoi. “I would say my brother puts all his passion into the food.”

Siam Square throughout the transition and remains its head chef.

“We love what we do,” says Pramnoi. “I would say my brother puts all his passion into the food.”

“In a way, this was a good thing that happened to Siam Square,” Persa says. “Because it was kicking the baby bird out of the nest. It was like, you gotta go. Now you don't have a choice. So it was probably more expensive than we wanted ... but in the long run, as business has shown, it's been more beneficial to get out of there.”

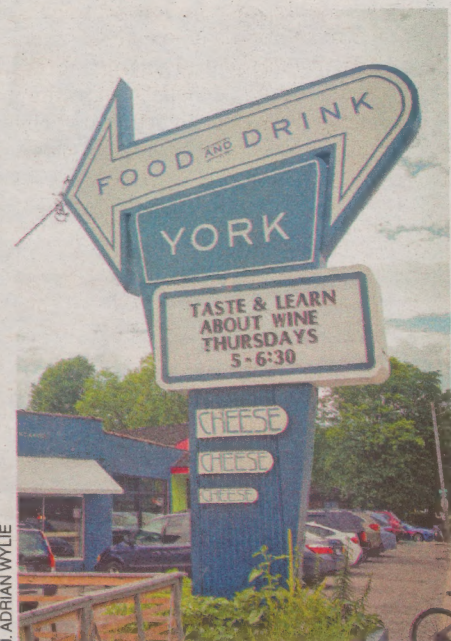
The new location lacks space for the wooden elephants and other large pieces from Washtenaw, but they've refreshed and brightened the interior and brought in

some ornate carved tables and other smaller pieces. A staff of six provides full table service, which most customers are now choosing over takeout.

The menu remains both authentic and accessible. Crispy roasted pork is popular among the fourteen house specialties. So too are roast duck curry, hot and sour tom yum soup, papaya salad, and—of course—pad thai, whether the standard version of the stir-fried rice noodle dish or the “Siam,” with tamarind sauce. Lunch options include curry, rice, and noodle entrées in the \$11 range and spring rolls made fresh daily.

“I would like to have at least one day off, but right now, it's seven days a week,” Pramnoi laughs. “Because we just started, everything's still not ready ready. But I have a very good team.”

**Siam Square, 883 W. Eisenhower. (734) 975-4541. Mon.–Sat. 11 a.m.–10 p.m., Sun. noon–9 p.m. samsquareann Arbor.com**



A vintage sign on Packard has pointed motorists to the Big Ten Market, Big Ten Party Store, and Morgan & York. The latest subtle change: “York” now encompasses the initials of partners Tommy York, Sarah Okin, Elan Ruggill, and Ethan and Noah Kaplan.

## Vinyl & Wine

*York expands its “neighborhood oasis.”*

A new wine bar and listening room centered around vinyl records—and two neighboring buildings dedicated for private events—are the latest evolution for **York Food & Drink**.

The former Big Ten Market, Big Ten Party Store, and Morgan & York has come a long way since being reimagined five years ago from a retailer into a hospitality experience. Its vintage sign on Packard now points to an indoor/outdoor campus of community and culture, a self-described “neighborhood oasis.”

In 2019, Tommy York brought in new partners: the business-savvy couple Sarah Okin and Elan Ruggill, along with the ar-

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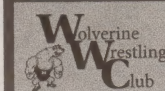
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Conquer the Cold is an annual promotion that aims to show that it isn't as difficult to get to work without driving as it may seem in the winter months. Through education, outreach, and different challenges, the campaign aims to help commuters overcome the potential barriers of changing their patterns in colder weather.



## Marketplace Changes

tistic brothers Ethan and Noah Kaplan of custom audiovisual manufacturer Leon Speakers. Coincidentally, their surname initials combine to spell York.

"This is actually the realization of what we had imagined together as a team: full-scale community engagement, every space activated," Noah Kaplan says of the latest expansion.

In the back of the building, the retail wine selection is now shelved along the walls to create seating for **Vinyl & Wine**, where turntables spin records from a broad range of eras and genres while patrons relax and imbibe. The space has a "darker vibe, a little more moody" atmosphere, as Kaplan puts it, adding "I don't think people remember how good analog sounds."

At a conference table in the basement wine cellar, the loquacious Kaplan packs plenty of background and enthusiastic envisioning into an hour's conversation. The York experience, he explains, spans fire pits and food trucks, cocktails and cheese boards, DJs and a deli, pop-up events and pop bottle sculpture. His attention diverts only briefly, once to accept a bottle of spirits Ruggill gifts him, and once to consider which of Pulitzer Prize-winning photographer David Turnley's works will grace the walls upstairs.

Kaplan explains that he's long aimed to help "create cultural gravity" with a brewhouse and beer garden, once eyeing the little house that had served as Dog-O-Mat (now on Jackson Ave.), behind a dry cleaners next to what was then Morgan & York. He couldn't gain approval, though, so those ambitions are now actualized at Mothfire Brewing Company.

And now the York partners have modernized the neighboring buildings into new private event venues known collectively as SPACE by York, adding restroom facilities, AV support, and, of course, plenty of art.

**York Food & Drink**, 1928 Packard. (734) 662-0798. Sun. & Tues.-Thurs. 8 a.m.-9 p.m., Fri. & Sat. 8 a.m.-10 p.m. Closed Mon. [yorka2.com](http://yorka2.com)

## Briefly noted

After establishing **Taste Kitchen** as a mainstay of Ann Arbor's fine dining scene, owner/chef Danny Van has branched out with a passion project: **Red Lotus**, dedicated to plant-based cuisine. Van went vegan for about a year a few decades ago, but he found it professionally incompatible with his career ambitions and the need to taste his meat and seafood dishes.

"I'm at the point right now that I'm able to do this and not have to worry about the financial part," says the Vietnamese-born Van, who came of age in Houston and trained under a master chef at a country club there. Taste Kitchen was itself an audacious early pivot from the sushi concept that first brought him to Ann Arbor. It was a particularly harsh winter—not ideal sushi weather—and he also realized that sushi prep was too repetitive to satisfy his

culinary creativity. "So I decided to gut everything out. And people thought I was crazy, right?" he beams.

Now he's spending most of his time in the neighboring Michigan Theater storefront that he leased when Elevation Burger went down just before the pandemic. Starting slowly with lunchtime hours, Red Lotus shares several elements with Taste Kitchen: an elegant yet casual full-service experience, a fusion of international influences, and an ever-changing menu.

"I feel like food, it's gotta evolve. It's gotta change. So that keeps people more interested, you know?" Van says. He plans to utilize local farms for produce, shift with the seasons' bounties, and glean feedback from a new base of customers who've gone meatless. Van will next transform the traditional bar area into more of a coffee and juice counter.

While still a seafood aficionado, Van cites both health and spiritual reasons for the focus on meatless meals. "Our food system right now, I just feel like [there's] a lot of things wrong with it: the cross-contamination, the hormones, and the way we slaughter the animals ... that leaves a negative energy, so when we consume that energy it kind of goes through our system," he says.

Like its namesake plant, he hopes Red Lotus will take root in the community and eventually sustain all-day operations: "I want to push it to the point where [when] people come in here, they say, 'Wow, I can't believe Ann Arbor has plant-based food at this level, and not expensive!'" Entrées are in the \$13 to \$15 range.

**Red Lotus**, 529 E. Liberty. (734) 369-4241. Tues.-Sun. 11 a.m.-4 p.m. Closed Mon. [tastekitchen2.com/red-lotus-kitchen-menu](http://tastekitchen2.com/red-lotus-kitchen-menu)

Ubol Saenthippkayap grew up cooking in her family's business in northern Thailand. She's now fulfilled a dream by opening her own restaurant, **Bangkok Chinatown Cuisine**, in the Arbor Square Plaza at Carpenter and Ellsworth. Named for the popular tourist district in the Thai capital, it features her authentic Thai recipes as well as spicier takes on Chinese dumplings, soups, and entrees.

While island-hopping in Thailand, she met her future husband on a tour boat. Keow Sin Lee, an automotive software engineer, had long since emigrated to the U.S., but the Malaysia native was on holiday with family.

The relationship grew via FaceTime and Lee's occasional visits to southeast Asia. After a few years of that, he said, "How about you just move here?" They now live in Saline with their eight-year-old son.

Saenthippkayap learned American food service protocols—allergens are a much bigger concern here—with stints at such Asian eateries as Totoro, Tuptim, Basil Babe, Seoul Garden, and Taste Kitchen while they saved up for a place of her own.

They purchased the former **Lai Lai** from its most recent owner, Feng Ye, who had reopened the longtime Chinese restaurant following a 2023 fire but whose father, and chef, was ready to retire.



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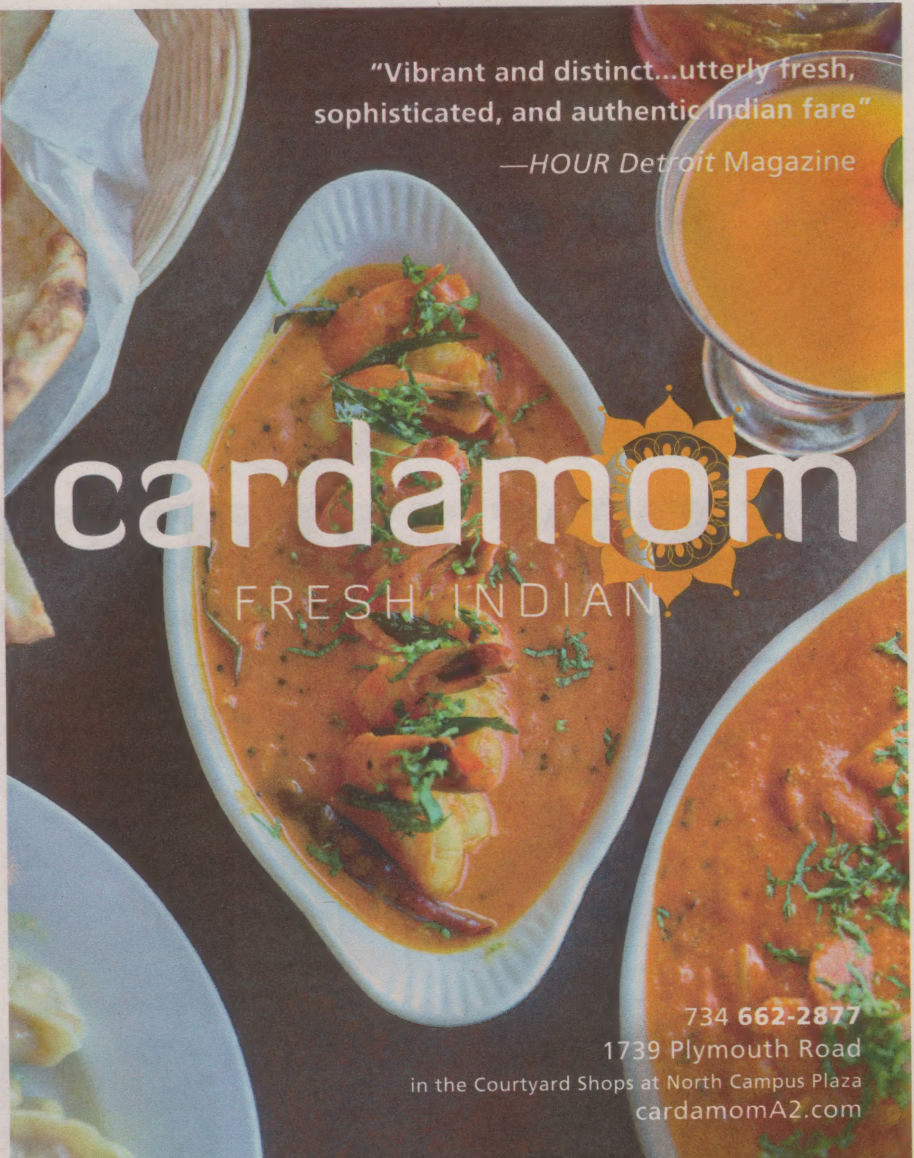
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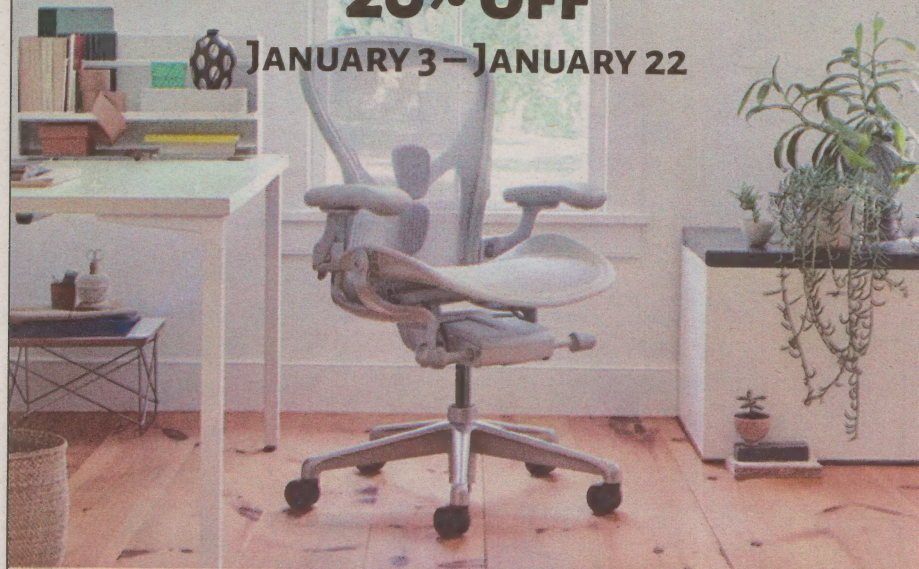


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